

## Couple Cycle Assessment

Cycle	Partner 1	Partner 2
<p><b>Action Tendencies</b></p> <ul style="list-style-type: none"> <li>• Typical fight/most distressing for each partner</li> <li>• Help me understand what it looks like when you are upset with or hurt by your partner.</li> <li>• How do you pursue for emotional closeness?</li> <li>• How do you create distance? How long lasts?</li> <li>• Was there a time when you and your partner were close? What was that like?</li> </ul>		
<p><b>Perceptions &amp; Thoughts</b></p> <ul style="list-style-type: none"> <li>• When you are upset/hurting, what is it that you are Telling yourself about this relationship? About your partner?</li> <li>• How do you see yourself in relationship to your partner?</li> <li>• Do you feel like you need to emotionally protect yourself in this relationship?</li> </ul>		
<p><b>Secondary Emotions</b></p> <ul style="list-style-type: none"> <li>• When you are (<i>doing behavior</i>) what is it that you are feeling?</li> <li>• What happens when you get angry?</li> </ul>		
<p><b>Primary Emotions</b></p> <ul style="list-style-type: none"> <li>• When you are feeling (secondary), is it possible that you might be feeling (primary) as well?</li> <li>• Are you able to turn to your partner when you feel (primary) and need to be comforted? If not, what gets in the way?</li> <li>• What happens when you feel hurt?</li> </ul>		
<p><b>Attachment Needs</b></p> <ul style="list-style-type: none"> <li>• In those moments when you feel (primary), what is it that you are really longing for?</li> <li>• Have you been able to tell your partner that...?</li> <li>• Feel valued, loved, safe, important, supported, good enough, worthy of getting needs met, wanted?</li> </ul>		
<p><b>Reframe</b></p> <ul style="list-style-type: none"> <li>• Universal: Cycle/pattern/dynamic/dance is the common enemy and source of distress</li> <li>• Pursuer: wanting to connect, afraid partner won't be there for you.</li> <li>• Withdrawer: protecting the relationship from more disconnect</li> </ul>		